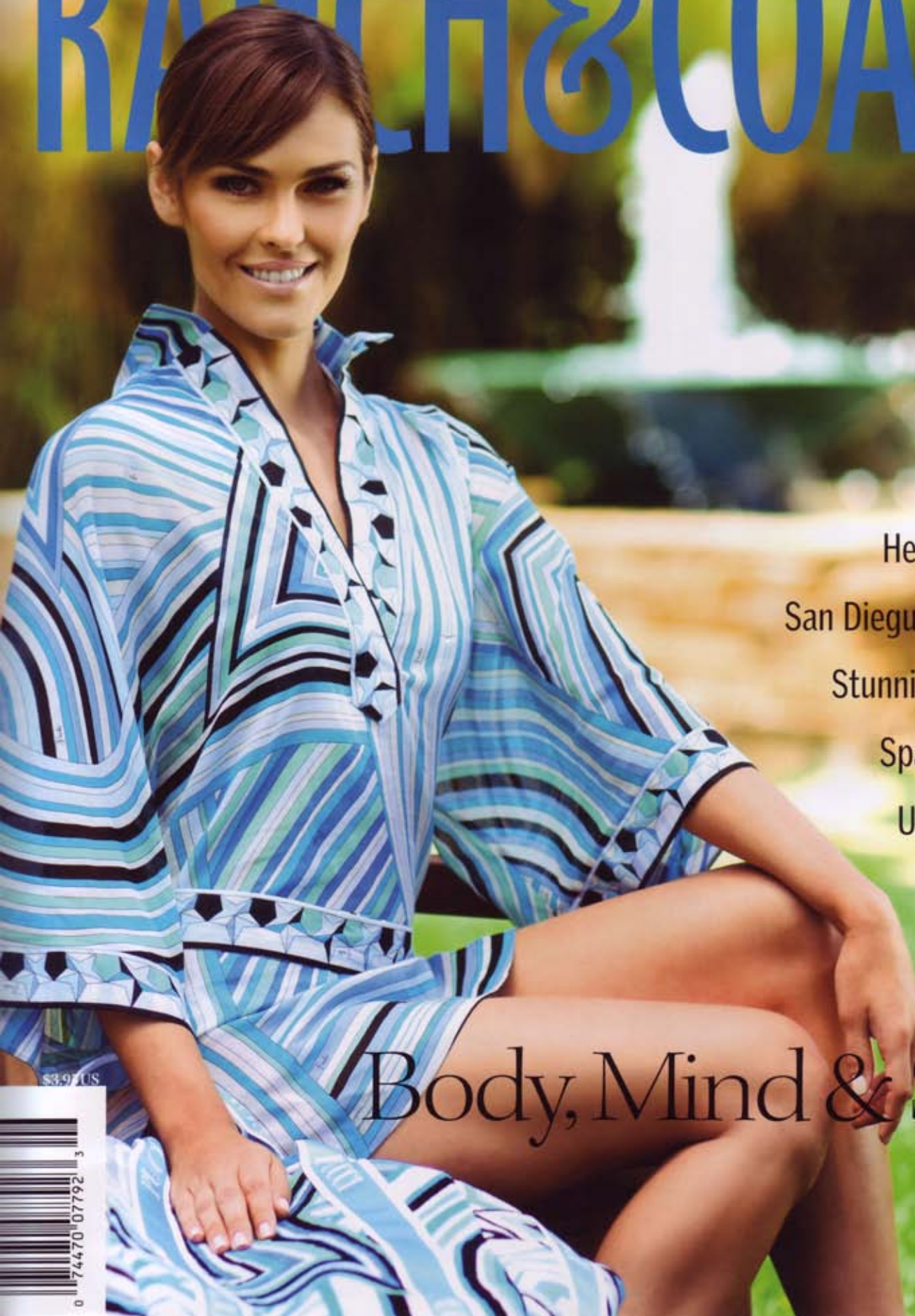


# RANCH & COAST

June 2008



Heavenly Hawaii

San Dieguito River Park

Stunning Swimwear

Spa Indulgences

U.S Open 2008

Fresh Fitness

Mood Food

Body, Mind & Spirit

\$3.99 US



# Gorgeous Gams

Back in the '70s, a catchy little ad jingle heralded the coming of summer: Who wears short shorts? We wear short shorts! While most classy ladies wouldn't dare wear



cases, can be physically painful and psychologically traumatizing. Luckily, says Zachary Rattner, MD, who recently opened the Del Mar Vein Care specialty center, minimally invasive new techniques make it easier than ever to restore legs to their unblemished glory.

Spider veins, those tiny thread-like clusters of red, blue, and purple that appear on the ankles, thighs, and calves, are the easiest to treat. Tiny injections of sclerosing solution are only mildly



short shorts — leave the tap pants and minis to gangly teens and 20-somethings — there's no reason your gams can't look gorgeous in sexy shifts and knee-grazing skirts at any age.

## You're So Vein

Spider and varicose veins can be mildly embarrassing or downright unsightly. They affect both men and women, and for those with extensive

painful and after a few days of slight swelling and bruising, problem areas vanish.

For varicose veins, invasive surgical stripping is mostly a relic of the past. During an initial consultation, Rattner uses image-based guidance to pinpoint the problem. Possible treatment options include laser ablation and foam sclerotherapy. If there are underlying medical issues or complications, insurance will sometimes cover the procedures. Otherwise, the cost typically ranges from \$2,500 to \$4,000 per leg. (858/792-8346, [www.delmarveincare.com](http://www.delmarveincare.com))

## Right On Point

Dancers spend hours a day shaping their long, lean limbs. The rest of us don't have the time or discipline for that, but even a few hours a week at the barre can make a difference. Adult ballet classes are offered at

community colleges and many ballet studios. After two or



three months of plies and relevés, you'll be well on your way to a Balanchine body. If leotards and classical music aren't your thing, head to Solana Beach's Pure Barre, where Lotte Burke-trained instructor Carrie Rezabek teaches a hot new hybrid of ballet, cardio, and Pilates. It'll tighten your thighs and trim your tush in no time. (760/846-6327, [www.purebarre.com](http://www.purebarre.com))

## A Healthy Tan (No, Really)

Let's face it — nothing's sexier for summer than a white dress, strappy sandals, and a pair of bronzed beauties. Sunbathing is dangerous, though, and self-tanners are messy and unpredictable. For natural-looking results without any dermatological guilt, try airbrush tanning. Kari Simmons, director of Beauty Kliniek in the UTC area, says that when applied by professionals, airbrush tanning gives perfectly sun-kissed results — upon request, her staff will even add subtle shading to make legs appear more toned. (858/457-0191, [www.beautykliniek.com](http://www.beautykliniek.com))

— AnnaMaria Stephens